

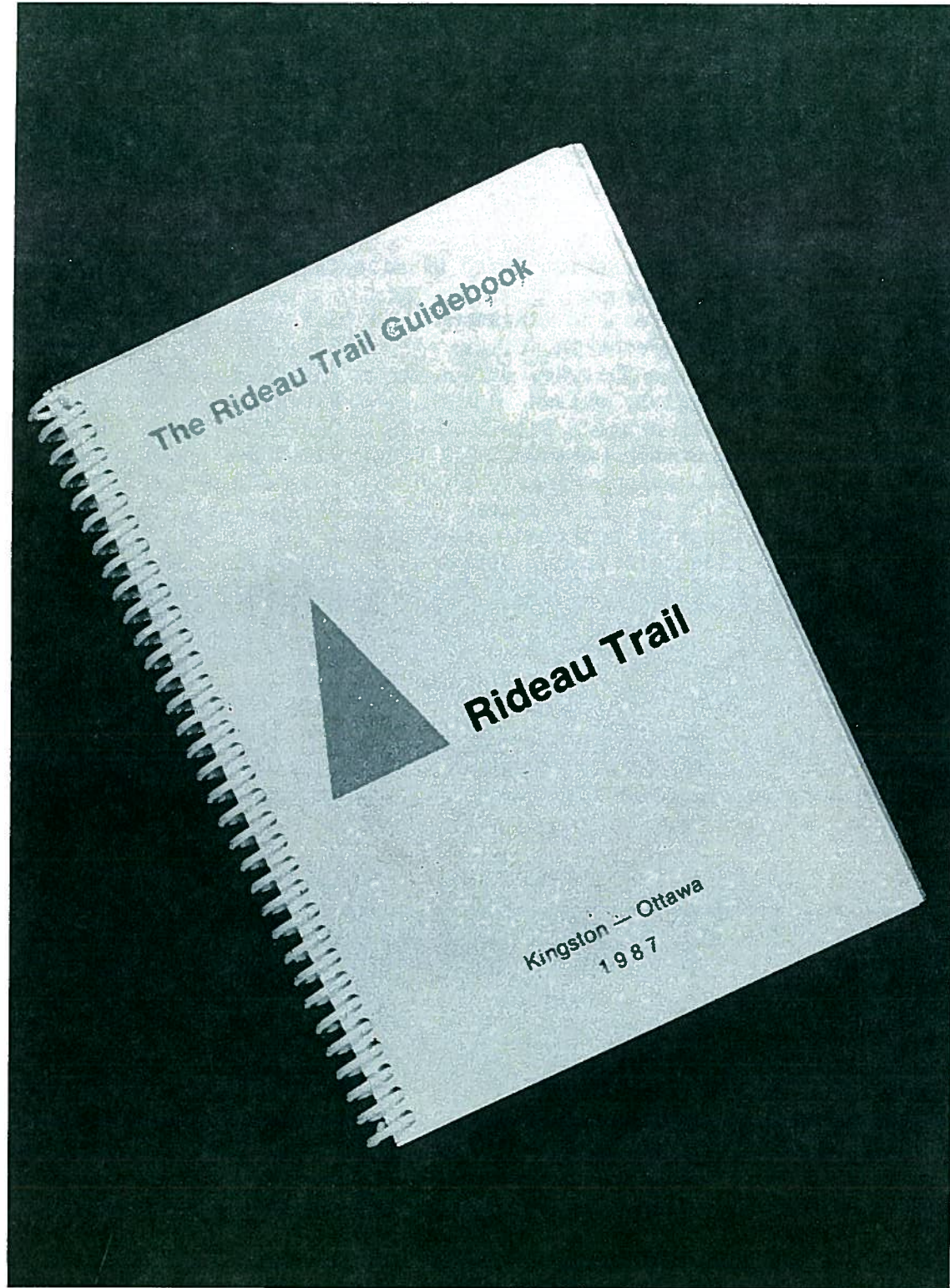


The Rideau Trail NEWSLETTER

Published by the Rideau Trail Association

SPRING 1988

ISSUE No. 67



The Rideau Trail Newsletter is published quarterly in December, March, June and September by the Rideau Trail Association. The editors of this issue are Keith Bull and Johanna Koeslag for the Kingston Rideau Trail Club.

Submissions for the next newsletter are encouraged and should be sent by May 1st, 1988 to Elizabeth Mason, 283 Avondale Avenue, Ottawa, Ontario, K1Z 7G7. Articles and pictures, preferably black and white are welcome.

Unless otherwise stated, the opinions expressed in items in this newsletter are not necessarily those of the Rideau Trail Association.

The Rideau Trail Association is a member of Hike Ontario (F.O.H.T.A.)

ISSN 0709-7085

The Rideau Trail Association Board of Directors for 1987-88

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Kingston Newsletter Editor Wanted!

The position of Newsletter Editor for the Kingston area is still vacant. Why not try your hand at it? The Kingston editor produces two newsletters a year - a total of about 20 hours of work. The Spring issue is prepared in February and the Fall one in August. The editor's job involves collecting, editing and preparing camera-ready copy. Access to a typewriter or word processor is essential. Newsletter Guidelines exist to help you and previous editors will be glad to offer advice. Take this opportunity to become part of the Kingston team! Phone our President, Ray Forester at 542-4385 to offer your help.

Cover and Opposite : The new Rideau Trail Guidebook photographed by Norm MacLeod.

The Rideau Trail Guidebook

The all-new Rideau Trail Guidebook is now printed and available for sale to members. Combining the maps and trail notes, this Guidebook has 14 full-colour foldout maps plus legend page, beautifully produced by the cartographer, Bob Farmer. The text has been completely rewritten from measurements and descriptions provided by many hard-working members, and prepared in its present attractive format by our Guidebook Editor, Linda Hayes. The directors of the Rideau Trail were enthusiastic about the new Guidebook when they saw it at the January meeting of the Board.

Letter from Our President

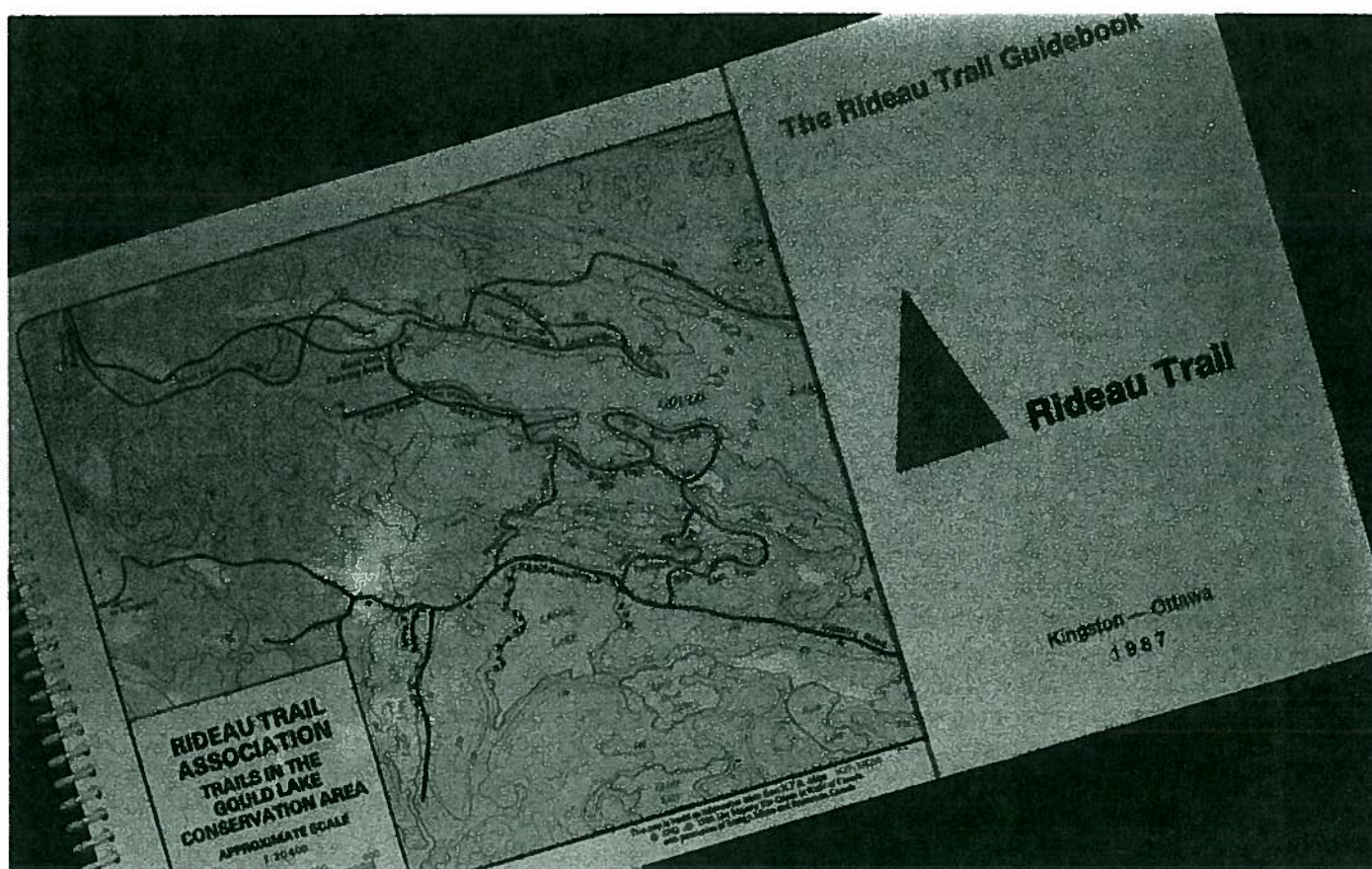
The price is \$10.00 plus \$2.00 for postage and handling. Order your copy now when renewing your RTA membership. If you wish to pick up your copy and save \$2, Guidebooks are available from the following persons:

In Kingston -	Cathy Cutts	542-5414
	Arch Mason	544-5690
In Perth -	Richard Cross	267-4270
In Ottawa -	Pearl Peterkin	829-3062
	Peter Brebner	729-8178
	Ron Hunt	830-1592

I have just had the opportunity to sit down and examine the new Guidebook for our Association. Without a doubt, this is one of the most comprehensive and professional productions of its type that I have seen. The print is easy to read, the text well set up, and the maps are of superior quality and colour.

The RTA can be justifiably proud of this publication and we certainly owe a debt of thanks to the following members who were responsible for its production: Pearl Peterkin, Richard Cross, Linda Hayes, and Cathy Cutts.

Ray Forester



ZIPPERS by Peter Brebner

Packrat Pete has just ended a great day ... the tent is pitched, the meal has satisfied those miles travelled and it is time to head for the sleeping bag for that early start next day. Besides, the mosquitoes are coming out. Zipping into the tent Packrat finds his zipper has malfunctioned and the slider does not mesh the two sides of the zipper together. The mosquitoes buzz ominously as he recalls lending his tent two weeks earlier to his friend. As the first mosquito cosies in near his ear he swears he'll never lend his equipment out TO ANYONE EVER AGAIN. As he is bitten through the night he curses his former friend, the inventor of the zipper and the general shoddiness of zipper manufacturing.

The zipper is an invention of around the turn of the century and it took about twenty years to advance from an idea to a product that could be manufactured so it would work well. Once it was a usable competitive product it quickly replaced other more cumbersome fastening devices. Packrat Pete does not believe anything should wear out, so maybe Packrat will stop reading here and go ahead with modification to his tent using something more durable like hook and eye fasteners.

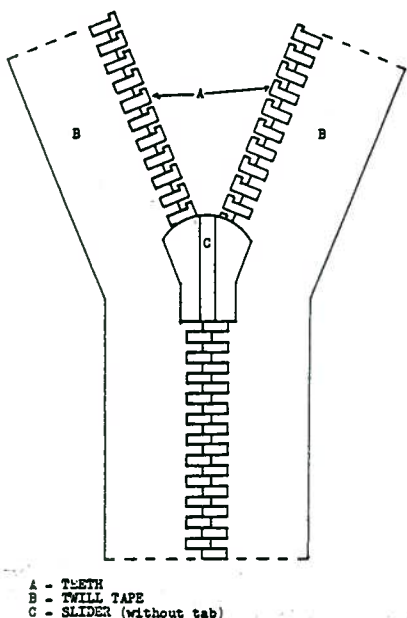
To understand the problems of zippers it is essential to understand how a zipper works. In order that you don't have to look at a zipper in easy reach, like your lap, please refer to the diagram. Too-thed zippers are either in metal or a plastic called delrin and they are set onto twill tape. Coil zippers are usually of polyester or nylon and are sewn to the twill tape. In both cases, the gap between the coil loops or the teeth is such that it will mesh with the coil or teeth of the opposite half of the zipper.

The slider is the key to the zipper. Understanding what goes on inside the slider as the zipper passes through it is essential. Looking closely at the diagram you will note that the slider is 'Y' shaped. The post tapers to a point as it goes into the slider and this taper is at such an angle that when the two halves of the zipper pass by the post and enter the single channel below the post they are meshed together. Coming out the bottom of the slider you have the closed zipper.

For the zipper to function properly certain tolerances are critical. If these tolerances are altered by damage or wear the zipper will malfunction. The major item of wear with the zipper is not with the teeth or the coil but with the slider. Two points on the slider tend to have the most common rate of wear. The first is wear to the interior walls of the channel. In this instance the teeth/coil have more room and the channel of the slider does not push the two halves together completely. The other problem is the opening up of the twill tape channel. As a result of this the teeth of one side are not at the same height in the channel as the teeth of the other side. The result in both cases is a zipping up of the zipper but the teeth either do not mesh or they split with the slightest of pressure.

Problems with the teeth/coil of the zipper tend to be more visible and include missing teeth, damaged teeth/coil, rotting twill tape and general wear. Please refer to the trouble shooter list below to deal with zipper problems.

METAL/DELRIIN TOOTHED ZIPPER



Now about repair work. First of all sliders go onto zippers one way. You start them from the top of the "Y" of the slider and ease them down into the one channel of the zipper. When you need to take one off, take it off the way it was put on. Usually you will find that the base of the zipper is either stopped with a metal bar called a bottom stop, or in the case of coil zippers, sewn across. Put the new slider on and sew/stop it back up. A small screwdriver or knife will loosen these stops and allow you to reuse them. Putting the stops back on works best with needle nose pliers but stopping the top or bottom with heavy thread will do. (In the case of a separable zipper, like a jacket zip, take the slider off the top of the zipper. You'll find that the top of the zipper will either be top stopped or sewn).

Now a note of caution with regards to my emergency use of vise grips on the slider. You take a chance of crushing or

wearing the zipper if you are not careful. So, with the jaws of the vise grips just larger than the bottom side of the lower channel of the slider, screw the vise grip to slight pressure. Open the grips, turn down an eighth of a turn, clamp both sides of the bottom of the slider and test. Repeat until the slider closes the zipper. Probably no manufacturer of zippers would recommend this repair technique, but what would they suggest two hours before you head away for the weekend? Final note: Do not do this more than once to a slider. Mark it and replace it as soon as possible.

Finally, check your equipment now. The long weekend in May is a bit late to get that repair done unless you plan on bringing a few hooks and eyes like Pack-rat Pete.

Next issue: Fast and Easy Canoe Repairs in Midstream.

Trouble Shooter List

<u>Problem</u>	<u>Reason for Failure</u>	<u>Check</u>	<u>Repair</u>
Zipper splits open behind slider	Slider worn	Wear on slider channel or opening up of twill tape channel	Replace slider or clamp down back of slider with vice grips. Be careful.
	External Impediment	Sand, dirt, frayed material next to zipper.	Clean teeth with brush. Cut off frayed material and melt frayed ends.
	Damage/Wear to Zipper	Coil flattened	File offending coil to reshape it.
		Coil out of alignment	Hand pressure might work or replace zipper.
Metal teeth out of alignment		Remove offending tooth and use care zipping. Replace zipper as soon as possible.	
Teeth/coil	Coil cut		In all cases:
	Teeth missing		Replace zipper. Temporary repair, sew zipper just past damaged area to use most of zipper.
	Twill tape broken or rotting		
	Stitching worn so coil is loose		
Zipper slider pull tab broken or missing			Use plastic twist tie or small cord.

Use plastic twist tie or small cord.

Accommodation Along the Trail

Have you ever been planning a hike on a section of Trail not so close to home and wished there was someplace interesting to stay? This list may suggest how to find just such a place.

Capital Bed & Breakfast 2071 Riverside Drive, Ottawa, K1H 7X2. 737-4129

Ottawa Area Bed & Breakfast P.O. Box 4848, Stn. E, Ottawa, K1S 5J1. 563-0161

Kingston Area Bed & Breakfast 10 Westview Road, Kingston, K7M 2C3. 542-0214

Rabb House Mott, 70 Wilson St. W. Perth, Ontario, K7H 2N6. 267-1449

Woodrow Farm Miller, R.R. #1, Balderson, Ontario, K0G 1A0. 267-1493

The Cove Cowan, Westport, Ontario, K0G 1X0. 273-3636

11 Main Street, Westport at base of Foley Mountain.

Wilson, 1 km from Westport towards Newboro on #42. 273-2884

The Old School House Roberts, R.R. #1, Sydenham, Ontario, K0H 3T0. Spaffordton County Road #5. 376-6859

Summer Kitchen Gift Shop and Bed & Breakfast Presslar. The Trail is located at rear of their farm property. 376-3127

North Shore Bed & Breakfast and Art Gallery R.R. #1, Sydenham, Ontario, K0H 2T0. 376-3016

Silverstone Antiques and Bed & Breakfast R.R. #8, Kingston, Ontario, K7L 4V4. 544-1364

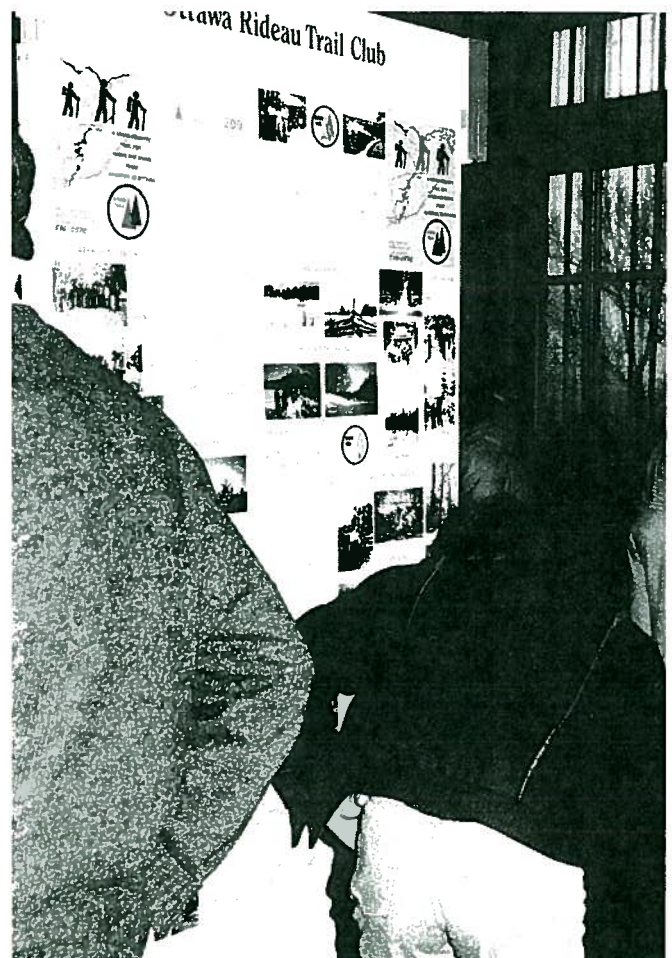
Kingston International Hostel 128 Earl Street, Kingston, Ontario. 546-7203

Meadowside Farm Thompson, R.R. #1, Carleton Place, Ontario, K7C 3P1 256-2007

Ottawa Nicholas Gaol Hostel 75 Nicholas Street, Ottawa, Ontario. 235-2595

Clubs Day in Ottawa

On November 8, 1987, the Ottawa Club took part in "Clubs Day" in the Salon of the National Museum of Natural Sciences. We were one of three nature-related clubs from the Ottawa area invited to set up a display for the day. Our display consisted of a large panel with photos of club activities, a table for selling memberships, maps, crests and pins, and a slide presentation arranged by Ken Prior. Many of the 1200 people who visited the Salon viewed our display, chatted with members and picked up brochures and activity lists. We sold several memberships and we suspect that some new members who have joined since then were contacted on "Clubs Day". Thanks to all Ottawa members who volunteered their time to make the day a success. Special thanks to Nanette Whitwam, who used her car to transport equipment, and to Pat Petrala, who gave professional advice and direction on producing an attractive display.



THE RIDEAU TRAIL ASSOCIATION SPRING OUTINGS

Ottawa Club Outings

Hikes normally take place regardless of the weather. The rendezvous point is at the corner of Booth and Albert streets at the times indicated below. There is no charge except a few dollars gas money, as private cars are used for transportation to the trail-head.

As indicated below, the spring program provides a variety of outings for all tastes. Please take note of the descriptive details so you will not be disappointed. Information on specific hikes can be obtained by phoning the hike leader indicated or by calling Bill Grant, 820-0697.

Hike leaders are asked to collect names and phone numbers of all participants and forward their list to Patricia Narraway, 932 Winnington Ave, Ottawa, Ontario, K2G 4C4. Phone, 596-1677.

Wednesday Walkers resume their hiking activities (normally in Gatineau Park) every Wednesday at 9:30 am. Booth and Albert. Bring a lunch.
Call: Dorothy Belter, 523-4420.

Sunday, April 10. End to End Hike
This is the first of a new series of hikes to cover the entire trail over a period of time. The first hike will begin at the Ottawa area end of the trail (Richmond Landing) and end at Cedarview Road (Bell's Corners), a pleasant walk along the Ottawa River. Bring a lunch. Booth and Albert at 9:30 am.
Call: Marg Lafrance, 692-4650.

Saturday, April 16. Mer Bleue
A leisurely walk around the famous bog and its board walk for those who missed it last fall. Bring a lunch. Booth and Albert at 10:30 am.
Call: Linda Hayes, 234-1045.

Sunday, April 17. Cabin Work Party
10:00 am. Booth and Albert. Bring a lunch. Dave Stinson, 825-1327 or Bill Grant, 820-0697.

Saturday, April 23. Gatineau
A vigorous hike of about 15 km from Lac Phillippe to Lusk Lake, visiting the Lusk Caves and returning along the shore of Lac Philippe. Wear good boots. Booth and Albert at 9:30 Am. Bring a lunch.
Call: Bari Scully 233-3770

Sunday April 24. Signs of Spring
A short family outing in the Stoney Swamp area. Bring the kids and a snack. Booth and Albert at 1:00 pm.
Call: Peter Brebner, 729-8178.

Saturday, April 30. End to End Hike
The second hike of the series. From Bruce's Pit (Cedarview Road) through Stoney Swamp area to the Duke of Richmond monument north of Richmond (Twin Elms). Booth and Albert at 9:30 am. Bring a lunch. Call: Bill Grant, 820-0697.

Sunday, May 1. Go to Blazes Day
Our annual trail maintenance get together. Bring a lunch and a hammer to Booth and Albert at 10:00 am.
Call: Tom Bach, 748-6266.

Saturday, May 7. Hike Leaders Workshop
See separate announcement on page 8. All welcome. 1:00 pm. Location: Bell Canada, 160 Elgin, 3rd Floor, Room C4. Peter Brebner, 729-8178 or Bill Grant, 820-0697.

Sunday, May 8. Bicycle Tour
Enjoy a 30 km bike ride along the Ottawa and Gatineau Rivers and return via Gatineau Park. There are some hills. A dropout point for a 10 km ride will be provided. Bring a lunch and meet at Booth and Albert at 9:30 am.
Leader: Elizabeth Mason, 729-6596.

Saturday, May 14 and Sunday, May 15. Intro to Back Packing in Frontenac Park
This is a two-day trip for those who are so inclined (phone Pearl Peterkin, 829-3062, by May 8th so she can make Park reservations) or a shorter one-day hike

for others (phone Ron Maybury, 489-2255). Bring appropriate food supplies and gear. Vigorous walking. Booth and Albert at 9:00 am.

Saturday, May 28. Annual General Meeting
Our club's annual general meeting (short) followed by a hike (see announcement on page 13). This year the meeting will be at the Old Forge Community Resource Centre (Carling and Richmond Road). Go there directly at 10:30 am or be at Booth and Albert at 10:00 am. Bring a lunch. (Catering establishments close by if you prefer). Bill Grant, 820-0697 or Andrew Oakes, 232-2755.

Saturday, June 4. Wildflower Walk
A leisurely stroll in the Gatineau to identify the spring wild flowers. Booth and Albert at 9:30 am. Bring a lunch. Robina Bennett, 829-0958 or Catherine O'Keefe, 745-4441.

Sunday June 5. Bike to Pinks Lake
A short, vigorous bicycle outing in the Gatineau and a visit on foot to the Pinks Lake Mica Mine. Booth and Albert at 10:00 am. Bring a snack. Andrew Oakes, 232-2755.

Saturday, June 11. End to End
The third in the series. A vigorous hike on flat ground from Richmond Road west of Richmond to the Roger Stevens Road in the Marlborough Forest, stopping for lunch at the club's cabin. Booth and Albert at 9:00 am. Bring a lunch. Fred Kemp, 749-3328.

Saturday, June 19. Foley Mountain
A vigorous hike near Big Rideau Lake with a swim if possible and dinner in Westport. Enjoy one of the longest days of the year. Bring a lunch. Booth and Albert at 9:30 am. Bev Armstrong, 738-0310.

Sunday, June 25. Gatineau
A vigorous hike of about 15 km in the famous park.. A swim if feasible. Bring a lunch. Booth and Albert at 9:30 am. Don Mitchell, 749-9537.

Third Ontario Hiking Conference
May 19-22, 1989
University of Western Ontario
London, Ontario

The organizers of the Third Ontario Hiking Conference need people who would like to share their knowledge, experience and talents by acting as presenters at the forthcoming conference. If you would like to become involved in your particular area of interest, for example, Benefits of Hiking/Walking, Conservation, First Aid, Map and Compass, etc., please contact M. Davidson, 1483 Roland Cres., London, Ontario, N5Y 1E6. Phone (519) 660-0942 for more information.

Hike Leader's Workshop

Saturday, May 7, 1-5pm.
Place Bell Canada
160 Elgin Street, 3rd Floor, C4
Ottawa, Ontario

All past, present, and future hike leaders are invited to participate. Activities will include guest speakers, group discussions and workshops. For information and registration call:

Bill Grant, 820-0697
Peter Brebner, 729-8178

Membership Renewal

That's right! It's that time of the year again. How time flies when you're having fun hiking on the Trail! So keep up the hiking and send in your membership renewals and donations using the handy renewal card and envelope enclosed with this newsletter. This is an ideal opportunity to order your new Trail Guide at the same time. Don't wait too long to renew or you will suddenly realize you haven't received a newsletter in a while and you are missing many wonderful hikes.

DON'T DELAY - RENEW TODAY!

RIDEAU TRAIL ASSOCIATION

KINGSTON CLUB OUTINGS

Hope to see you during this series of hikes. You are reminded that wet sections may be encountered during this season and be prepared with insect repellent in May. For further information contact hike leaders nearer the time. Suggestions for future outings may be made to the hike program co-ordinator : Alberta Edgar, 542-9662.

Hike leaders are reminded to send the lists of persons attending hikes to the human resource co-ordinator, Lucille Birtch (544-9361).

Saturday March 5, Slide Lake Cabin

Depending on the weather this may be a ski or hike to the cabin (Map 10). Bring a lunch and meet at Sears north door at 9 am.

Leader: Arne Henrikson, 544-0465

Sunday March 13, Rideau Trail

Hiking on the Maple Leaf Road towards the south bay of Buck Lake (Map 10). Bring a lunch and meet at Sears north door at 9.30 am.

Leader: Norm McLeod, 546-9440

Saturday March 19, Little Cataraqui Conservation Area

Hike in the area and sample pancakes with maple syrup for a fee. Meet at Sears north door at 1 pm.

Leader: Joan Hughes, 549-6265

Sunday March 27, Rideau Trail

Hike from Bullen road through fields and woods to the 5th Concession (Map 12).

Meet at Sears north door at 1 pm.

Leader: Betty McIver, 549-8028

Saturday April 2, Rideau Trail

Hike through woods and fields north of Van Order road to a large beaver dam near Orser road (Maps 11,12). Be prepared for wet sections. Meet at Sears north door at 1.00 pm.

Leader: Johanna Koeslag, 384-5534

Wednesday April 6, Waterfront Walk

Walk to Point Frederick and Fort Henry Hill. Meet at Sears north door at 1.30 pm. Leader: Cathy Cutts, 542-5414

Sunday April 10, Slide Lake Region

Hike from old Perth road to rock junction and the east side of Slide Lake (Map 10). Views are spectacular. Bring a lunch and meet at Sears north door at 9 am.

Leader: Klaus Stegeman, 542-5375

Saturday April 16, Trail Maintenance Day

Help maintain the trails. Bring a lunch and meet at Sears north door at 9 am. Maintainers please send reports of your sections to the maintenance co-ordinator Don Green (389-5458) by April 1.

Saturday April 23, Annual Meeting - Kingston Club : Little Cataraqui Creek Conservation Area

10:00	: Coffee
10:30	: Business Meeting
11:30	: Presentations of prizes
12:00	: Lunch (Bring your own)
1:00	: Movie : Canoeing, Bill Mason
3:00	: Hikes

For further information and those requiring rides, call the Special Events Co-ordinator : Mary Jane Bowes, 544-2753

Sunday May 1, Gould Lake Conservation Area

Hike from the entrance of Gould lake conservation area to the Mine Loop. Bring a lunch and meet at Sears north door at 9.30 am.

Leader: Arne Henrikson, 544-0465

Wednesday May 4, Rideau Trail

Hike from Perth road to rock junction (Map 10). Terrain is rugged but you can take your time and enjoy the spring flowers. Meet at Sears north door at 1.30 pm. Leader: Stan Douglas, 389-2563

Sunday May 8, Arkon Lake Loop

Varied terrain with swamps, beaver dams and profusion of trillium. Bring a lunch and meet at Sears north door at 9 am. Be prepared to pay the daily vehicle charge at Frontenac Park : \$ 3.50

Leader: Su Nag, 546-6041

Saturday May 14, Opinicon Loop

Spectacular views of Upper Rock Lake and Opinicon Lake while hiking from Opinicon road to Mont Marvin (Maps 9, 10). Bring a lunch and meet at Sears north door at 9.00 am. Leader: Ray Forester, 542-4385

Sunday May 22, Landon Bay, Fitzsimmons Mountain

Meet at Sears north door at 6.15 am. to attend the interdenomination service at Landon Bay followed by a hike to Fitzsimmons Mountain.

Those wishing to hike to Fitzsimmons mountain only, meet others at the Parks Canada information service near the Ivy Lea bridge at 10.30 am. For information contact Lucille Birtch, 544-9361.

Saturday May 28, Gould Lake, west side

This section of the trail is scenic but rugged. Bring a lunch and meet at Sears north door at 9 am.

Leader: Stan Douglas, 389-2563

Central Committee Outings**Sunday, March 27. Otty Lake**

A hike over moderate terrain in the Otty Lake area. Meet at the Ontario Ministry of Food and Agriculture Office, Perth at 1:00 pm. Call Marg MacLeod, 267-1641.

Sunday, April 17. Field Naturalists

Join with the Rideau Field Naturalists for an outing. Details to be finalized. For more information, call Jean Riddell, 267-1451.

Saturday, May 17. Trail Maintenance Day

Bring your gloves and pruning tools (and your lunch, of course) and come prepared for a great day of work on the trail. Meet at the Ontario Ministry of Food and Agriculture Office in Perth at 10:00 am. Return there for refreshments at 4:30 pm. Contact Jean Riddell, 267-1451.

10th Annual Naturalist Workshop

This workshop for amateur naturalists will be held at Queen's Biology station on May 21-28. For more information call Mr. Floyd Connor, 359-5629.

Sunday June 5, Slide Lake, west side

Hike from old Perth road to rock Junction and the rugged trail on the west side of Slide lake (Map 10). Bring a lunch and meet at Sears north door at 9.00 am. Leader: Tom Kaddits, 546-0806

Wednesday June 8, Gould Lake Conservation Area

Wednesday walkers do not forget your bathing suits. Meet at Sears north door at 1.30 pm.

Leader: Emma Martin, 542-1594

Saturday June 11, Lake Opinicon

Our first paddle of the season in Opinicon and Hart Lakes Bring your canoes, paddles, life jackets, swim suits and lunch and meet at Sears north door at 9 am. Register by the 9th evening with Ray Forester, 542-4385

Sunday June 19, Gould Lake, east side

Hike the East, Mica and Famous trails and cool off in the lake. Bring a lunch and meet at Sears north door at 9.30 am.

Leader: Gaetan Lessard, 389-4513

Backpacking in Newfoundland

This summer, a backpacking trip to Gros Morne National Park in Newfoundland is being considered. Gros Morne is a relatively new park that contains some of the most spectacular scenery in eastern North America. In addition to miles of natural sea shore, this park contains fresh water fiords that rival those of Norway. The park also contains the second highest mountain in Newfoundland. Although largely undeveloped, the park offers unrivalled back packing opportunities. If you would be interested in a backpacking trip to this park encompassing about 10-14 days, contact:

Ron Beacock
R.R. #5
Perth, Ontario, K7H 3C7
Phone 267-4204.

"A Closer Look"

The annual Federation of Ontario Naturalist's Conference and General Meeting will be held this year on May 27-29 at the University of Guelph.

Diary of a Rideau Trail Hiker by Rick Revelle

Saturday, September 12, 1987.

Charlie Dupre and I decide to hike the Rideau Trail. I take a taxi to the Trail's start in Kingston at 5:30 am.

Easy walking through Kingston. Sunrise at Cataraqui Cemetery. Finally in the woods at Bullen Road. Beautiful morning, lovely woods.

Met the famous dog at Jackson's Mill. No problem. We gave him his ground.

Ate at RTA campsite. The table was collapsed but still comfortable when a little weary. A fox ran by us within 10 feet. We see a lot of partridge.

We miss the markers at Van Order Road leading back into the woods. A woman came to her door and told us where to find the trail. She said people miss the marker all the time. We finally found where to go between two houses. We then had trouble spotting markers in the woods when we left the road. The trail was really zigzag.

When we reach Murton Road, we continue on to Boundary Road since we had old maps borrowed from a friend. It started to rain and we got our feet soaked trying to cross an old wooden bridge at the creek on the road allowance of Boundary Road.

We reached County Road #5 at 1:00 pm and since our feet were wet, we phoned for our ride home. We had hiked 30 km in 7.5 hours and we probably lost 45 minutes looking for markers.

Saturday, September 26, 1987

I joined the RTA and received a new map kit. I'm more excited than ever about being an end-to-enders.

I leave my car at a friend's home on Gould Lake Road and my wife Muriel drives me to the junction of Murton Road and the Trail. I lose 15 minutes trying to find the markers at the start, then I'm off.

At noon, I'm walking by myself at a good pace. I always find a good walking stick for support and balance on rough ground.

Beautiful sugarbush between Railton Road and Campbell Road. Weather excellent. Ate under a tree at a fence line between 6th Concession and Gully Road.

Lost another 30 minutes trying to find markers. I finally realized the trail ran on the south side of the fence line.

Left Gully Road and the trail was breath taking along the ravine.

Continued on to what I thought was Gould Lake Road and turned west on gravel road. I walk about 300 yards and then realize it is the cottage road to Knowlton Lake. I'm a bit concerned when I realize the map doesn't mention this road.

I head east and find the markers and continue on to Gould Lake Road and south to retrieve my car. Finished at 4:10 pm. Hiked 12 km in 4 hours.

Saturday, October 17, 1987

7:00 am I arrive at my friend's home on Gould Lake Road and leave my car to pick up on Sunday. I instruct Muriel to leave home at 3:00 pm to pick me up at the RTA Trail and Perth Road junction.

80% chance of rain in the late afternoon. I hope I'm home by then but have taken my rain coat just in case.

I always pack light - 3 Diet Coke, 3 tuna sandwiches, 1 apple, rain coat, pipe and tobacco, and hunting knife - in my back pack.

In Gould Lake Conservation Area I lose 30 minutes trying to find the marker. Finally I see it on a tree north east of the Gate House. I walk 5 minutes and I'm back on the road. I can't find any markers after looking for 10 minutes.

I'm already running late as I want to make Desert Lake Road by 11:00 pm. I continue down the road to the barn and parking area and searched another 20 minutes for markers.

I find a trail with orange plastic ties and follow it. This leads me finally to markers but I'm heading south and I want to go north. I turned around and came into the picnic and camping area.

Finally, I'm on the Trail. I come to the Marion Webb catwalk. I sit here and eat a sandwich and collect my thoughts. I'm no longer anxious about getting lost since I know I'm on the Trail.

9:00 am. 2 hours to come 6 km when I usually average 5 km an hour when I'm walking. I still hope to reach Desert Lake Road by 11:00 am.

I reach Desert Lake Road at 10:30 am ahead of schedule and I don't know why, after stumbling around Gould Lake for 2

hours. I cross Desert Lake Road and meet a man and his grandson cutting wood. We talk for 15 minutes.

I reach Frontenac Park at 11:30 am. The girl in the office tells me I have a 5-6 hour walk to reach Perth Road. I know I can do it in less. I have my lunch and leave at 11:50 am.

Frontenac Park is lovely and breath taking. The leaves make a gold carpet on the ground. The weather is grand. God has really outdone Himself here.

I come across a porcupine in a tree and later another one on the trail. I have to wait for him to cross. I tell him I'm not going to hurt him and finally he leaves the trail. I can't go around him because of thorn bushes. I always wear shorts and knee socks and my legs are already scratched from the thorns.

A beaver felled a tree about 20 feet long across the trail. The tree had markers on it.

I make Smooth Rock Runway at 1:30 pm and stay 20 minutes. It's quite windy on top. I have a drink and light my pipe. The view is spectacular. I could stay all day. I spot two hikers with their dog about a mile away on a rock outcropping and we exchange waves. 1:50 pm I leave the Runway.

"Busy as a beaver" fits this park - so many beaver dams!

I come across two horses, a roan and a pinto, at South Slide Junction. I was going to give them my apple but I ate it instead.

I come to a rock cliff where someone has done a lot of work to build the railings and put in the log steps.

I'm reliving my preteen years when I used to walk on my grandfather's farm. I'm loving every minute of this.

Arrive at Perth Road at 3:35 pm. As I come out of the woods, Muriel is coming over the hill in the car. Perfect timing, down to the second.

32 km in 8 hours and 35 minutes.

Saturday, November 7, 1987

Started at 6:40 am from Scofield Camp. I tried to park at a friend's cottage but could not make the second hill at Hidden Valley because of 2-3 inches of snow.

The woods are beautiful and fairy like with the snow hanging from the trees like a white fur jacket. The rising sun sets everything up in a rainbow of colours and

later the forest is set against a beautiful blue sky. I'm glad I decided to walk today even though it snowed last night. The woods are stunning. Occasionally I see deer tracks and hoped that the hunters wouldn't come across them too.

At the Bedford and Storrington Township Line I see where a deer came down an embankment onto the road and fell, sliding on its two front forelegs for one or two feet before continuing on its way.

I stopped beside the road at 9:15 am and ate a couple of sandwiches. Within half an hour a co-worker had passed me twice. When he finally stopped after the third pass near the Opinicon Loop on the Front Leeds County Line, he wondered why I was out so early in the morning. We had a 15 minute chat.

About 1 1/2 miles south of Bedford Mills, I ran into about 15 hunters as I turned a corner. I knew two of them from the Judo Club and again I was asked why I was walking alone in the backwoods.

After 10 minutes, I continued on to the scenic Bedford Mills and had lunch with an artist who was there painting. After some discussion, I found out this was a hobby for him. His name is Frank Edwards and he is the political cartoonist for the Kingston Whig Standard.

I entered the woods at Bedford Mills and after about 2 km I rounded a bend and noticed some smoke from atop a small knoll. Astonishingly, I found a 6 foot high tree stump hollowed out by a fire and a 30 foot Jack Pine about 6 inches parallel to the trail. The tree had been struck by lightening and was still smoldering. Luckily, this did not occur two months previous or there might have been one heck of a forest fire.

At the 13 km mark, a huge tree had fallen across the trail - the tree had a marker on it. Here I changed socks since my feet were wet.

I crossed the beaver pond. The beavers were certainly busy here as many freshly cut trees and some half felled ones indicated.

At the McAndrews Road junction, I checked the outside privy and found a hornets nest. I continued onto Westport, arriving at 2:50 pm. Muriel arrived at 3:00 pm to pick me up, our timing right on the money again.

34.5 km in 8 hours and 10 minutes.
Continued on page 15.

Voyageur Trail Hike

Just as a newly planted seed will grow only if carefully tended, so too, good ideas need encouragement if they are to succeed. In this case, the idea was to help a fellow trail club to clear some trail. The help came in response to a request by the Voyageur Trail Association at the Hike Ontario Conference in 1986 at Guelph. Providing help were Jean Law, Grant Hall, Sharon Whitcroft, Gord Anderson, Bruce McLean, Walter Jucker and Bill Savage during the long weekend of August 21-24, 1987.

Although the section of trail to be cleared near Thessalon was just 7.5 km long, so thickly was the trail strewn with wind thrown trees and overgrown with other vegetation, that we did not manage to clear it all. At one point, a massive aspen swallowed our chainsaw and refused to release its jaws. Only with careful management and a lot of luck were we able to free it. Fortunately, the weather cooperated - cool, windy and sunny most of the time.

For those of you unfamiliar with the Voyageur Trail, it goes from Sudbury to west of Thunderbay, about 400 km of hiking. Much of it traces the route of the early fur traders. Because of its length and small membership (190), the club has difficulty maintaining it all.

Sometime Friday, August 21, we reached Sault Ste. Marie and were greeted by Paul Syme who accompanied us to the trail and provided us with tools and guidance. We were to try to clear between Highway 129 and the Shaw Dam. Easy? Wrong!

Through friends at our campsite along 129, we were able to learn of a short cut to the very centre of the trail. We backpacked in on Saturday morning about 4 km and set up a base camp at the Central Algoma Board of Education site. This was a beautiful place indeed! White pines overlooked wilderness Tee Lake and we revelled in Nature unspoiled! At night, laughter of loons and an exquisite sky full of stars and satellites entertained us. We howled for wolves but were disappointed.

Saturday, we cleared towards the Shaw Dam

in excellent weather. Though we discovered no bear signs (claw marks on trees or droppings), we did spot a possible Osprey across the lake at breakfast time. No blueberries were found, suggesting that the bears had beaten us to them. Saturday night found us tired but with a feeling of accomplishment. We were prevented from reaching Shaw Dam by flooding caused by our friends the beavers. That night was cool - 6 degrees C. - great for sleeping.

Sunday, August 23, a mist floated over Tee Lake making the lonely call of the loon even more enchanting! We worked hard eastward, clearing trail, discovering deer droppings everywhere and one deer carcass and one beaver skull. No bugs at all! So thick were the downed trees blocking the path, that even with Gord's toy (the chainsaw) we ran out of time Sunday before reaching Highway 129. Altogether, we cleared about 6 km of trail in two days of steady work.

Bill Savage

Ottawa Club

Annual General Meeting

Saturday, May 28th

10:30 am

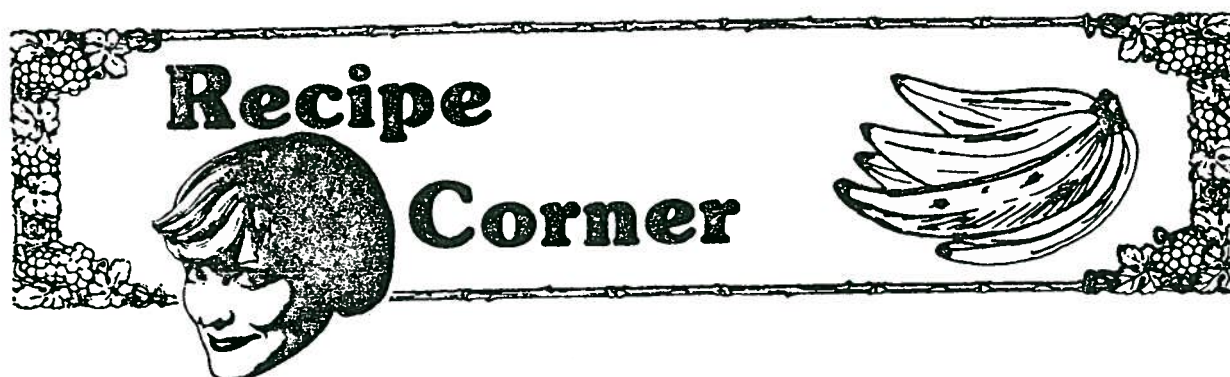
Old Forge Resource Centre

**Carling Avenue at Richmond Road
West End, Ottawa**

A short business meeting and election of new executive will be followed by an afternoon hike on the Rideau Trail.

All hikers welcome.

Bring a lunch.



Let's talk about "Gorp". You know, "Trail Mix", that interesting concoction of granola, dried fruit and nuts. Here are a couple of recipes that incorporate those same nutritious and energy packed ingredients into more easily handled forms.

Dried Fruit Bread

Makes 2 loaves.

In a small bowl add and combine well:

- 1 c. chopped dates
- 1/2 c. chopped dried apricots
- 1/2 c. currants or raisins
- 1/2 c. honey
- 1/2 c. boiling water or juice

When cool add:

- 1 egg
- 1/2 c. oil
- 1 c. milk

In a large bowl combine well:

- 1 c. chopped walnuts or pecans
- 2 1/2 c. whole wheat flour
- 1/4 c. wheat germ
- 1/4 c. powdered skim milk
- 3 tsp. baking powder
- 1/2 tsp. cinnamon

Combine wet and dry ingredients, mix gently till blended. Turn into lightly oiled loaf pans. Let rest while oven heats to 350 degrees F. Bake 50-60 minutes until a toothpick inserted in the centre comes out clean. Let loaves rest in pans 5 minutes, then turn out on racks. When cool, wrap well to store. These loaves freeze well.

Jennifer Hunt would like to make this a regular feature in the newsletter with room for recipes geared towards trail food, but also questions and answers on nutrition. She will refer to a dietitian for expert answers on technical questions.

In the next issue, she'll have recipes for trail snacks that will use seasonal berries. If you have any questions or submissions, please write to:

Jennifer Hunt
1148 St. Jovite Ridge
Gloucester, Ontario, K1C 1Y7.

Granola Muffins

Makes 15 muffins.

Preheat oven to 400 degrees F.

Oil muffin tins.

In a large bowl add and combine:

- 2 eggs
- 1/4 c. brown sugar
- 1/2 c. oil
- 1 c. buttermilk
or half yogurt, half milk
- 1 tsp. vanilla

In a smaller bowl combine well:

- 2 c. granola
- 1 c. all purpose flour
- 2 tsp. baking powder
- 1/2 tsp. baking soda

Combine wet and dry mixtures and fold together gently until just mixed. Spoon into prepared muffin tins. Sprinkle tops with a little granola, if you like. Bake for 15-20 min. in preheated 400 degree F. oven until done. Remove from pan and cool on racks. These muffins freeze well.

**Diary of a Hiker Continued from page 12.
December 28, 1987. Opinicon Loop**

I start at 11:00 am at the 6.9 km mark. The weather is clear with temperature of -5 degrees Celsius. There is about one foot of snow in the woods but it is so crusty, I only break through about 1-2 inches.

Lots of deer tracks and even one set of moose tracks. I saw one rabbit and 2 or 3 broods of partridge and grouse. There are lots of huge beaver ponds.

I came across a 10 X 12 foot building built in the side of a hill beside a beaver pond. The roof was caved in, no windows, one door and limestone walls. I'm curious to know what it was for.

At the 24 km mark I descend a ridge and come upon a beaver pond where the beavers had made short work of the trees with the markers on them. For about 15 minutes I searched on the ground for the marked trees and finally found one and was able to ascertain that I had to turn left after crossing the pond. This was a very invigorating walk that I enjoyed immensely. The trail was well marked.

The crossroad of the Opinicon ghost town fascinated me.

I arrived at my car at the Bedford Township Dump at 4:00 pm. Hiked 18.4 km in 5 hours.

The Westport to Ottawa trip will have to wait until next spring. I know I shouldn't hike alone, but it is hard to find someone who is free to walk when I'm free. I'm in half decent shape as I work out 2 times a week at Judo and instruct once a week. Muriel always knows my route and I can time it down to half an hour where I'll be so she can phone someone in the RTA if I don't show up. Probably Capt. Gaetan Lessard who she knows from work.

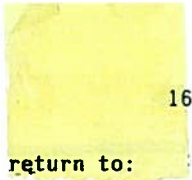
I've only been a RTA member since September 15th, but I'm extremely pleased with the trails and maps. The markers could be better in the Gould Lake area or a more detailed map would help first time hikers find their way through here. Also, I notice that the trails through the woods are marked excellently, but when you come to a road the markers are more scarce.

**Kingston Club
Executive Vacancies**

The Kingston Club Nominating Committee has begun beating the bushes along the Trail for people to fill some of the interesting positions available for 1988-89. While some hapless "volunteers" have been dragged kicking and bellowing from beneath the aforesaid bushes, places remain for real volunteers. The Summer '87 issue of the newsletter has a complete list of the executive positions on page 14. Grab one of these positions now while there is a good choice, by phoning our worthy Chairman (lady/woman/person) Su Nag at 546-6041.



Our President, Ray Forester (in the white jacket) arrives in Sydenham with a group of Kingston Club hikers on an early winter hike in December. Photo by Su Nag.



If undeliverable, please return to:

Rideau Trail Association
P.O. Box 15
Kingston, Ontario
K7L 4V6

Ottawa Phone Number:
613-596-0572

Rideau Trail Association
P.O. Box 15,
Kingston, Ontario K7L 4V6

Membership year, April 1st to March 31st

Your membership in the Rideau Trail Association provides the financial support essential for the continuous maintenance, improvement, extension and protection of the Rideau Trail network. As a member you will receive the quarterly newsletter and special mailings, as well as voting rights in local Club and Association activities.

() Annual Family Membership.....\$ 10.00
() Patron (Life Membership)..... 150.00*
() Guide Book Members..... 10.00
() Non-Members..... 15.00
() Postage & Handling..... 2.00
() Car sticker(FREE to New Members)..... 1.00
() Crest..... 2.00
() Enamelled Pin..... 3.00
() Donation to RTA.....*
() Donation to Corridor Fun.....*

Prices subject to change.

TOTAL

PLEASE CHECK New () Renewal ()

Name

Address.....

Postal Code.....Telephone.....

* Qualify for income tax deduction. Charitable Registration No. 0041733-56-11